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Corn: A Savor the South Cookbook

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with those of Bailey's slave ancestors in nearly the same geographical area. Historical researchers at the graduate level and beyond will want to track down the complete documents cited here but for the typical undergraduate and, perhaps, the advanced high school student, *Yes, Lord, I Know the Road* is a wonderful resource. It is also a fascinating collection of primary sources for the more casual or general reader interested in African American, South Carolinian, and Southern history.

J. Brent Morris (associate professor of history and Chair of the Humanities Department at the University of South Carolina at Beaufort) provides a fairly long and helpful introduction that both sets the context and provides some explanation of the sweep of African American history in South Carolina. He also provides very helpful explanatory notes at the start of each of the 68 documents honing in on the most essential points.

While this is a documentary history rather than a more standard narrative history, the reader can follow the history of African Americans in this Deep South state with a sense of the horror and tragedy of slavery and segregation but also a sense of the resilience and humanity of those who lived it and for the better days that have, provisionally, come. Obviously, the fact that the primary source documents have been selected means that other primary source documents are not included, however, the selection of documents used is judicious. Thanks to Morris's in depth knowledge, the reader is sometimes treated to some fascinating sociological insights likely not found in most history books concerning slavery in the South. One example concerns the fear of the possibility of somehow having a white person become black by engaging in interracial sex as suggested in a 1732 poem titled "The Chameleon Lover" published originally in the *South Carolina Gazette*:

"No Wonder then, that the Amours of such
Whose Taste betrays them to a close Embrace
With the dark Beauties of the Sable Race,
(Stain'd with the Tincture of the Sooty Sin,)
Imbibe the Blackness of their Charmer's Skin"
(66).

Far less benign are the documents concerning racial violence which include both more obscure events such as the lynching of African American postmaster Frazier Baker in the town of Lake City in 1898 (154-155) who, mistakenly, thought that his position as a federal employee would provide protection against the increasingly violent threats of racists who could not stand to see an African American in a position of authority, to the hideous (and aptly titled by Morris as "Southern Schrecklichkeit") 1946 beating and blinding of recently discharged World War II veteran Isaac Woodard by racist police in response to his altercation with a Greyhound bus driver concerning the need for a rest stop, an event that made national news and proved to be a factor in the establishment of a Civil Rights Commission in 1947 and President Truman's submission of a major civil rights bill to Congress in 1948 (172-174).

Several minor but puzzling errors concerning chronology slightly mar what is otherwise an outstanding publication: that the date range of documents as listed in the book's title covers 1526 to 2008 while including a publication date of 2009 for Tracy Swinton Bailey's poem, "We Stood There" (201); the listing of the year 1942 as the date of the 1946 beating and blinding of Isaac Woodard even on the same page where the correct date of 1946 is listed (172); and listing a death date of 1922 for Modjeska Monteith Simkins when, in fact, she died in 1992 in regard to a 1944 letter she wrote to Governor Olin D. Johnson challenging his support of white supremacy (171).

Yes, Lord, I Know the Road is recommended for addition to collections in academic libraries and most public libraries. It will be of most interest to those seeking information on African American history, Southern history, and the history of South Carolina. College history students seeking primary sources and other researchers will find both the excerpted documents and the citations to the full documents for further research to be a wonderful and convenient resource.

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Corn: A Savor the South Cookbook. Tema Flanagan. Chapel Hill: University of North Carolina Press, 2017. ISBN: 978-1-4696-3162-2 (cloth: alk.paper); 978-1-4696-3163-9 (ebook) 131 p. \$13.44.

a SAVOR THE SOUTH cookbook

Corn

TEMA FLANAGAN



Corn: A Savor the South Cookbook reveals the origins and history of corn and sharing mouthwatering recipes and corn cookery processes. The chapters based on the various ways corn can be eaten including on and off the cob, dried and ground, nixtamalized and popped, and mashed and fermented start with a few facts about these serving techniques followed by marvelous recipes. Before each

recipe is information about the recipe. The fifty-one recipes are easy-to-follow. Sidebars discuss the cookery processes including Corn Smut, Polenta Versus Grits, Southern Cornbread in Black and White, Canned versus Dried Hominy, Brown-Bag Microwave Popcorn, and Pitting Cherries. Twenty-one other *Savor the South* cookbooks by numerous authors were published during 2012-2017. Tema Flanagan resides in Alabama and is an instructor in farming at the Farm at Windy Hill in Mentone, Alabama. Ms. Flanagan and Sara Foster are the authors of *Sara Foster's Southern Kitchen*.

The author notes the mixture of cornbread, field peas, ham, and collards is yummy. Ms. Flanagan suggests the recipe cornbread and chorizo stuffing is superb for Thanksgiving. Another recipe is Ms. Flanagan's preferred dessert sweet corn panna cotta with juicy blackberries available at her most favorite restaurant Lantern Restaurant in Chapel Hill, North Carolina. An additional favored recipe of the author is Luis Medina's chicken and red chile tamales from a favorite eatery of Ms. Flanagan San Antonio's Tienda de Mexico in Meridian, Mississippi. Ms. Flanagan mentions Bob's Red Mill and Anson Mill's grits are great. The author praises combining Darjeeling tea and Alisa Huntsman's blackberry cornbread buckle and combining bourbon and bay cherries with zesty red wine or old fashioned. Enchantingly, preparation for a sweet corn ice cream with raspberry-basil swirl is disclosed. Mexico regularly sells sweet corn, shrimp, and avocado ice cream. New Orleans bourbon milk punch is a Christmas custom. What's more, sweet cornmeal drop biscuits are used for strawberry shortcake. Frozen corn is an excellent addition to soups and stews like Brunswick stew. Flanagan remarks North Carolina beach restaurants have outstanding hushpuppies. Surprisingly, corn was used to create coffee in the Civil War. Interestingly, vitamin B3 niacin is in corn.

Corn: A Savor the South Cookbook is fabulous for public and academic libraries and fantastic as a gift. The recommended audience is researchers of corn and individuals interested in trying delectable recipes. It is an excellent new kind of corn cookbook that deserves rave reviews.

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